

UNITY DAILY WORD

A Page of Sunshine for Every Day



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July, 1934



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June 20 to July 19

Love lights the way, and I gladly follow.

The forgiving love of Jesus Christ lifts the burden, and the glow of radiant health appears.

Divine love provides me with plenty, and I am unselfish with my possessions.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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F. B. WHITNEY, *Editor*

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God Is Supreme

The knowledge of God is the supreme mental good, and to know God is the supreme mental virtue. For God is the supreme subject of the understanding, and therefore to know or understand God is the supreme virtue of the mind.

—Spinoza.

Contentment

HELEN E. MAYNARD

If you cannot see the mountains,
Do not grumble or complain;
There is beauty in the flowers
As they grow upon the plain.
There is music in birds' singing;
There is magic in the sky.
For our God has given freely
Gifts like these with our supply.

If you cannot see the ocean,
Do not go about and sigh;
Just you climb to some green hilltop
And then watch the clouds go by.
Now then look down in the valley
At a field of waving wheat—
Life will seem much more worth living,
And your day will be complete.

There is beauty all around you
If you but the beauty see.
There is promise in a rainbow
And a sermon in a tree.
Far-off scenes may often call you,
But I'm confident you'll find
There are things at hand will give you
Peace of heart, contented mind.

How to Forget

MANY persons seem to be in bondage to the memory of mistakes of the past, and we are often called upon to help them forget their unpleasant experiences and replace the memory of these experiences with something of happiness and value. Those who live in unpleasant memories deprive themselves of the joys of the present. Physically they exist in the world of today but mentally they live in the unpleasantnesses of the past.

In one of the books of the Apocrypha we read: "Leave off from your sins, and forget your iniquities, to meddle no more with them forever: so shall God lead you forth, and deliver you from all trouble." A very important point in these instructions is that God leads us forth and delivers us from trouble when we wipe the sins of the past from our mind and cease to recall them. In fact, we are led to believe that God will not deliver us from a sin as long as we keep sinning it over and over again by remembering it.

No one should blame himself today for a misstep of the past. He is seriously at fault if he continues to carry his so-called sin in mind. He does not show that he has developed much in spiritual understanding if he continues to give place in his mind to the memory of sin. If intervening years have not brought him some thought to replace the thought of sin, then he has not grown very much.

One of man's worst enemies is his disposition to self-condemnation and self-accusation.

If he discovers that he said or did something that he should not have said or done, he is inclined to give the memory of this such place in his mind as to spoil a whole day or even years of his life.

Why should you mentally harass yourself today for something that you did days or years ago? Today has its own problems and joys. The problems and mistakes of years ago have no place in today's program except to the extent that their lessons may serve you today.

This thought of ceasing to "meddle" with sins of the past, as expressed in the Apocrypha, is of untold value to the person who wants deliverance from them. The thought that God will deliver him from trouble when he ceases to hold it in mind is a powerful one. Surely no one wanting deliverance from trouble will expect deliverance as long as he continues to emphasize the troublesome thought.

What can the teacher of Truth say today to the young woman who says she is unable to get rid of the memory of some mistake in the past? Does not the apocryphal admonition hold good in this case? God cannot remove an unpleasant memory as long as the individual continues to meddle with it. God cannot lead the individual forth from trouble as long as he continues to go back to it in thought.

Many persons delay their mental and physical healing because they refuse to forget their sins, their hates and fears. Their hates and fears of a minute ago must be forgotten as well

as those of a year ago. The past includes all time previous to the present moment. Sins and iniquities include all thoughts contrary to God and Truth.

Are you at this moment carrying in mind an unpleasant memory of something that happened this morning or yesterday? If you want deliverance, cease meddling with it. Replace the thought with one of joy. Substitute for the thought of self-condemnation a thought of praise. God will deliver you from an unhappy thought only when you cease to hug it to you. You must yield your hates and fears, be willing to give them up, if you want deliverance from them.

Cease meddling with the sinful thought that you want to release. No more recall it to mind. God teaches you how to forget your iniquities only when your heart is entirely given to Him. You cannot be taught how to forget if your mind is set on remembering.

Give no more place in mind to the memory of mistakes of yesterday. Your mind must be occupied today with thoughts of God. Give no thought to self-condemnation. You must be praising the good. Meddle no more with the thoughts of hate and fear from which you want deliverance. You must be occupied with thinking thoughts of love.

Learn to forget by remembering—God! You will not give your thought to self-condemnation when your thought is on the self of God, your true self.

Children of Light

HOSE whose thought is directed to Christ, the presence of light at the heart of their being, know themselves as children of light. They are children of illumination and inspiration. They are a people apart from those who walk in darkness, those whose inner light appears to be obscured, those with darkened countenance.

"Believe on the light, that ye may become sons of light." Turn in thought to the light of Christ within you and behold in that light your own illumined countenance. See yourself stripped of darkness, free from every shadowy thought, released from all heavy and black thoughts. Behold in your inner light the image and likeness of God inspiring you to your own glorious selfhood.

Turn to the inner light and keep your gaze fixed upon it so that you may know yourself as a child of light. You can go among men of darkened thought and bear the candle of the Lord. You can carry on business in this great modern world and be unmoved and unconfused by its glamour; for your own light will be brightest of all. You, the great business executive on the fiftieth floor of a modern skyscraper, need to turn often to the inner light of your higher self. You, the busy housewife with a myriad duties, need to find this light and to keep it bright in your little household. Every one needs to find his light and to know that nothing of the world about him can obscure its brightness.

Those who have discovered that they are children of light must keep their light shining. They must keep a clear realization of its presence. They must turn to it when darkness appears to fall about them. They must turn their eyes to the light when they need guidance. They must seek its illumination when they know not what to do. They must turn to the light when about them are those who sit in darkness.

Those who are in high political positions need to turn to their light when those about them are darkened by selfishness and greed. They must let their own light of Christ shine so brightly that those about them will be quickened to light. Those with black and heavy thoughts must have their vision turned to light. They too are in the process of becoming sons of light.

The salvation of the world will ever depend upon the children of light, those of high vision. Its salvation depends upon Christ shining in the hearts of men. The Spirit of Christ must awaken many hearts of light before His ideal world comes into manifestation. The children of light, children of Truth and love, must awaken others to light.

The child of light will not let a darkened thought exist in his consciousness. He cannot entertain thoughts of ignorance, hate, fear, sorrow, disease, and lack. The light of Truth shines in his heart. He is the child of light, the ray of light from the light of heaven. His mind must be kept so clarified that it is sensi-

tive to heavenly light, divine illumination and wisdom.

The light of Christ shines in the heart of those who are children of light. Light floods their countenance. They walk upon a path of light. They are those who are so illumined with Truth that they refuse to believe in the presence or power of evil. They are so conscious of the presence of Christ that they cannot believe in sin, disease, hate, fear, or lack. Their eyes are ever upon the light of Christ.

Children of light are children of Truth and love. They are prompted by Truth and love in all their dealings. Christ is so real to them, so near to them that Truth has first place in their thoughts, love has first place in their feelings.

If you have found the light of Christ within you, you will not let any adverse thought darken your countenance. The darkness of evil, disease, hate, and fear cannot dim your light. It will keep shining even when the world about you is dark. The darkness of indecision cannot cover you when you realize that the light of wisdom and good judgment shines within you.

Go forth this day in the realization that you have within you the light of wisdom, peace, love, and life. Let no mortal or adverse thought dim this light. Keep thinking Truth. Keep your light shining. Abide in the consciousness that as a child of light you live in a world of light, the world of Christ.

The light of Christ within you can never be taken from you.

1924—1934

TEN YEARS ago, on July 1, the first issue of **UNITY DAILY WORD** appeared. We are happy to have on our present subscription list a large number of those who have been reading and studying the magazine ever since the first issue appeared.

In this time the editor has written something like 3,650 daily lessons, besides a large number of special articles and poems. Two books, *Creed of the Dauntless* and *Open Doors*, have been compiled from articles and poems that have appeared in its pages.

The purpose of **UNITY DAILY WORD** is to supply a means of daily unifying the large field of Unity students scattered all over the world. These students come together each day in the study of the daily lessons just as the members of a church assemble in their parish church for daily prayer. In this way all thought of separation is overcome and the spirit of unity is preserved.

If you wish to join with us in celebrating **UNITY DAILY WORD**'s birthday, you may do so by sending in a new subscription and thus help in spreading its usefulness. If each subscriber would send in one subscription, the list would automatically be doubled and our ability to serve would be doubled at the same time.

We thank you for your generous response to our efforts through **UNITY DAILY WORD**.

The Editor.

"Lay Aside Every Weight"



UR PROGRESS depends upon our freedom from hindrances and our ongoing demands our laying aside everything that would impede our progress. The racer never carries excess baggage. He travels light. He cannot be held back by that which would minimize his speed.

Paul admonished the Hebrews to lay aside every weight and to run the race set before them. The person who carries a weight is drawn earthward. If the weight is sufficiently heavy, its gravity tends to hold the carrier to the spot. We can see that progress cannot be made if a person is loaded down with weights.

The person who has mental weights, heavy thoughts, can make little progress. Heavy thoughts are the heaviest of all weights. The light-hearted individual will easily outrun the heavy-hearted one. Dull and heavy thoughts have no place in the racer's mind.

What are the mental weights that you are to lay aside in order to run the race set before you? Thoughts of sorrow, depression, self-condemnation, personal animosity, injustice, failure. Thoughts contrary to the mind of God—Truth and love. Thoughts that impede the free flow of love and good will. Thoughts of despair and discouragement.

What will help you to lay aside these weights and to realize that they are no longer heavy? Thoughts of joy, faith, hopefulness, love, brotherhood, confidence, success. The consciousness that persons and things cannot de-

press you, hold you back, or interfere with your progress. The realization that you have within you the Spirit of Christ making you light-hearted and urging you ever onward to the goal. The knowledge that nothing can impede you when Christ carries you forward.

Go forth this day in the realization that you are free from every weight. Say to your soul these lines of the beloved Jeffery:

"I see you unfettered and unbound, triumphant!
glorious! splendid!
I see you unweighted by human thought of
limitation, unweighted by matter!
I see you unbound, undiseased, buoyant!
I see you strong! mighty! forceful! powerful!
divine!"

Laying aside your mental weights calls for laying aside one old state of consciousness for a new state of consciousness. The new consciousness must be free from that which gave heaviness to the old. No impeding thought can be carried over into the new. We must lay aside our mental weights before entering the new state of consciousness that is to carry us forward joyously and triumphantly.

Enter that high consciousness in which you know for a certainty that there are no weights depressing you or retarding you. Know that in Truth the Spirit of Christ carries you forward and you are joyous and free. Know that you have forever given up the consciousness of weights and that you advance lightly and joyously.

By This You'll Know

If we but seek the good in life,
Naught but the good we find.
For what we seek is seeking us,
Attracted to its kind;
And when it's evil that we seek,
Forgetting Truth and Lord,
We should not feel at all surprised
If evil's our reward.

Now, if you see in some one else
That which is good and true,
You may be sure, by this same law,
There's something good in you.
If at some one you look, and think
That evil's lurking there,
You'll find that evil too exists
In your own heart somewhere.

How may you know your heart is pure
And you from evil free?
When you no longer criticize,
Nor evil in men see.
When you in others see the Christ,
No doubt will fill your mind
That you to heaven's gate have come;
For Christ in you you'll find.

Sunday, July 1

*I am no longer anxious or worried.
I place myself and all my affairs in
God's keeping.*

WORRY is indicative of a belief that things of the external world can disturb us. When we worry, we show that we ourselves are in the consciousness that external things have power over us. We think of them as able to interfere with our peace or success. In this consciousness persons and things of the world appear to rule us and our mental attitude takes on the character of worry because we believe ourselves subject to them.

If you would be free from worry, cease to think of external things as having power over you. Place yourself and all your affairs in the keeping of God, knowing that all is well. Realize that things of the world about you cannot disturb you. Know that the Spirit of God in you is mightier than all the things of the world.

You will be anxious no longer when you are established in the truth that persons and things of the world cannot interfere with your well-being. You will not worry when you know that you can trust God in all your ways. Worry always shows a lack of trust. When you come to rely upon God, you will be free from worry and established in trust.

Be not therefore anxious.—Matt. 6:34.

Monday, July 2

*I no longer fear, because Christ in me
makes me ever unafraid.*

 OR a thought of fear substitute a thought of courage. For the belief that things can make you fearful substitute the truth that through Christ in you you have perfect courage. Change your mental attitude from fear to courage, and you will find that things of the world about you no longer have the power to make you afraid.

The courageous person knows that he has within him something that is mightier than that which is external to him. He knows that Christ in him is never afraid. He knows that this presence gives him courage and that he can go through life fearless and triumphant.

If you would be courageous, cease to think of persons and things as able to make you afraid. Turn in thought to the presence of Christ, the presence of indomitable courage. Direct all your attention to Him and become so aware of His presence that you cease to think of things. In this way you will develop a consciousness of courage and lose all sense of fear.

Rise out of all fear and abide in the realization that in Truth you are fearless and free, established in the courage of Christ.

Peace be to you, fear not.—*Gen. 43:23.*

Tuesday, July 3

God, the good, is now manifest in my life, and I no longer believe in the presence or power of evil.



OOD or evil appears in your life according to the nature of your consciousness. If you believe in the presence and power of evil, then you cannot be surprised if evil appears. If instead you believe in Truth, then you will be rewarded by having only God, the good, becoming manifest in and through you.

Thoughts of good assure us of good. Thoughts of evil warn us of the appearance of evil unless such thoughts are changed. When we believe in evil, we believe in some power the opposite of God; we believe that God's omnipotence and omnipresence are shared with something unlike Himself. We can readily see that such a belief is contrary to Truth.

You prove your loyalty to God by thinking of good instead of evil. To the extent that you believe in the presence and power of evil, to that extent are you disloyal to God and His omnipotence and omnipresence. Evil cannot exist if you know that God is all in all. There can be no evil in God's world of good.

Be loyal to God and turn often in thought to Him that you may behold His presence of good.

Hold fast that which is good; abstain from every form of evil.—*I Thess. 5:21.*

Wednesday, July 4

I abide in the consciousness that Christ in me has set me free from all bondage.

ABIDE today in the realization that through Christ you are set free from all belief in bondage and limitation. Realize that your freedom is complete, wanting nothing. When you abide in the consciousness that Christ has set you free, do not let any thought of bondage cause you to become enslaved to bondage again.

Jesus brought to mankind the message of deliverance from bondage. He found men in bondage to belief in sin, fear, disease, and lack. He declared their freedom through the Christ message. He directed their thought to their own indwelling Christ. He knew that with their thought upon Christ in the midst of them they could not believe that persons or things of the world could hold them in bondage.

You are free only to the extent that you know the truth about your freedom, to the extent that you have wiped from mind all belief that you are in bondage. This state of mind we call the consciousness of freedom. You are aware of freedom and react subconsciously to any suggestion of bondage by an instant thought of freedom.

I shall walk at liberty.—*Psalms 119:45.*

Thursday, July 5

The presence of God now fills His temple, my body, and it is glorified.



THE CHARACTER of your body depends upon your thought about it. If you think of it as diseased, it becomes so. If you hold impure thoughts about it, impurity becomes present within it. If you realize the truth that it is the temple of God, it becomes glorified with the presence of God.

Your body is the embodiment of your thought. You "give body" to your thought when you clothe it with mind substance. Your thought becomes outpictured upon your body and either health or disease appears according to the nature of your thought. Your physical body is but the visible appearance of your mental body, the sum total of all your thoughts about your body.

Your body betrays the character of your subconscious mind. If you entertain thoughts of fear, impurity, and weakness in the secrecy of your soul, these come to light when they are outpictured on your body. If in your heart of hearts, your subconsciousness, you realize that Christ is present within you, that His Spirit fills and glorifies your body, then it becomes radiant and glorious with His presence.

Aim today to reach the consciousness of your body as the temple of God's presence.

He spake of the temple of his body.—John 2:21.

Friday, July 6

I do not doubt God. I have faith in His power to establish good in my life.

WHEN you have more faith in God than you have in evil, your faith will be rewarded with only good in your life. You will no longer doubt God, no longer believe that anything in all this world can prevail against Him. You will not believe that any person or thing can cause evil to appear in your life when you have perfect faith in God.

How may you know that you have faith in Him? How may you test your faith? How may you be assured that you trust God completely? By examining your thought and seeing to what extent you believe that something other than God has place or power in your life. By observing your reaction to the little incidents of life and seeing if you think of God as omnipotent when evil appears to have power.

The faithful man has no faith in anything but God, the good. He does not doubt God. He does not have faith in Truth—and also faith in the power of evil. He knows that God is all in all. He pins his faith on Truth alone.

You can increase in faith by thinking often of God and His blessings. You can wipe out any doubt you have in God by keeping your thought centered upon that in which you can trust Him.

Jehovah preserveth the faithful.—Psalms 31:23.

Saturday, July 7

I think, speak, and act today according to the dictates of the Truth of Christ.

 ET the Truth of Christ be your standard, and then see that your thoughts, words, and actions conform to this standard. Understand what the Truth of Christ is—this truth of your health, joy, and prosperity. Then conform your thoughts to it. Realize that this Truth has back of it the might and power of Christ and nothing can prevail against it.

The Truth of Christ is the truth of your indwelling Spirit expressed in and through you as that which frees you from every misconception about life. The truth about your freedom from ignorance, fear, hate, disease, and lack is heaven's message of divine truth. No mortal belief can diminish this truth or cause it to be other than the Truth of Christ.

Students of practical Christianity give much thought to the study of Truth because it is the philosophy of Christ. They seek to correct their thought and give first place to Christ and that which is divinely true. They endeavor to wipe out of mind all belief in opposition to Truth, to eradicate from consciousness every thought that is un-Christlike. They seek to establish Christ, Truth, in their mind and affairs.

He that hath received his witness hath set his seal to this, that God is true.—John 3:33.

Sunday, July 8

*I now cause the thoughts of my mind
to conform to the mind of Christ within
me.*

STUDENTS of Christian psychology find that they must watch their thinking. They know that they must banish thoughts of evil or thoughts in opposition to Christ in order to be spiritually minded. They realize that they cannot be conscious of the mind of Christ within them as long as they entertain thoughts that have no place in this mind.

There is but one Divine Mind, one spiritual consciousness. We identify ourselves with this mind when we unify ourselves with its thoughts. Thoughts unrecognized by this mind cease to exist when we conform our thoughts to it. For instance, we cease to think thoughts of disease when we know that the health thought alone exists in the mind of Christ.

If you would be spiritually minded, if you would break all connection with evil, turn in thought to Christ within you. Unify yourself with His consciousness, Divine Mind. Think His thoughts.

The mind of Christ is the mind of Truth and you identify yourself with Christ when you think thoughts founded upon Truth.

Have this mind in you, which was also in Christ Jesus.—Phil. 2:5.

Monday, July 9

I am able to be patient at all times because I know that something good will come out of every experience.



THE IMPATIENT person shows that he believes that evil may become manifest in his life in some form. He believes that evil will appear before the power of God will show itself. He believes that a chain of circumstances will be forged that will be too strong for the power of God to break. The impatient person always feels that God's work will be delayed and that evil will appear before God's work can be done.

We must realize that God will be manifest in all our experiences. We must know that something good will come from the presence of God. We must realize that nothing can prevent God's appearing in our life when our thought is centered upon Him.

You can readily see that when you are impatient, you are so because you believe that evil will come to pass before your desire for good is fulfilled or your prayer is answered. You would not be impatient if you knew in your heart of hearts that good is sure to come to pass. You would not be impatient if you trusted God thoroughly and were sure that His work would be done without evil intervening.

Bring forth fruit with patience.—*Luke 8:15*

Tuesday, July 10

The joy of the presence of Christ fills my heart, and nothing in all this world can keep me from being joyful.

REJOICE that you know that Christ is in you and that His presence is your source of joy. Rejoice to feel that He is constantly inspiring you to be happy and to realize that things of the world about you cannot take your joy from you. In this consciousness your joy will be made full.

Today let this realization of joy wipe from your mind all thought that persons or things can keep you from being joyful. Realize that your joy is something constant, something that does not change according to the state of external things. Know that your joy is centered in the presence of Christ.

Reach the consciousness in which you know that there is something within you that is never affected by external states or situations. Rise to the high consciousness in which you realize that Christ within you ever rejoices because He is master of the world about Him.

Rejoice today because you refuse to be depressed or cast down. Rejoice because you know Truth. Rejoice because you have the presence of Christ within you. Rejoice because you are happy.

Thou hast put gladness in my heart.—Psalms 4:7.

Wednesday, July 11

*There is no bitterness in my heart,
because it is filled with the love of
Christ.*



THE LOVE of Christ within us is our assurance of freedom from bitterness and hate. We cannot entertain thoughts of personal animosity when we know that Christ as love is within us. We cannot hate another when Christ in us speaks to Christ as love in him.

If you have been holding thoughts of personal dislike for another, change your mental attitude by turning in thought to Christ. Turn to His presence and feel the presence of love within you. Become so interested in Christ and His love that you lose all sense of bitterness and hate. Substitute love in your mind for any bitter thought.

Many persons have difficulty in loving because they try to love, and at the same time keep in their mind thoughts antagonistic to love. This is an impossibility. You cannot love while holding to thoughts of hate. You cannot entertain a thought of love if you are in the consciousness of hate.

Let Christ's presence of love inspire you to rise to new heights of love. Love thoroughly and completely. Give Christ your permission to express Himself through you fully.

Forbearing one another in love.—*Eph. 4:2.*



STOP

When things about you
When other persons see
There's but one thing th
Cease thinking of distur

“Stop, look, and listen,”
And so in life this warn
Stop thinking all distur
And listen to His guidin

And when in life you see
There's but one thing f
Stop, look, and listen—st
You'll find your trouble



STOP AND PRAY

about you are disturbed and all the world's amiss,
persons seem to take away your joy and bliss,
one thing that you can do if you would clear your day:
ng of disturbing things—stop where you are and pray!

and listen," warns the sign at busy thoroughfare,
e this warning's good to free you from all care.
ng all disturbing thought and look to Christ instead,
His guiding voice if by Him you'd be led.

In life you see that you have troubled thoughts in mind,
one thing for you to do if happiness you'd find;
d listen—stop and pray! Let Christ have His own way!
our troubles come to end if you but stop and pray.

Thursday, July 12

The perfection of the Christ idea implanted within me is now manifest as my own perfection.

 **V**ERY ONE has within him the seed of perfection. This seed was implanted in him at the time of his creation. If he gives his thought to this, it is nourished and developed. If he gives his mental substance to thinking of shortcomings, then the seed of perfection is neglected and undeveloped.

Man's shortcomings come about through his thinking about limitations. He thinks of these until they appear to be real and finally he admits to himself that he is limited or that he has shortcomings. He loses sight of the fact that he is the child of God, created in God's image and likeness. He overlooks the truth that he has implanted within him the very spark of divinity.

If you would perfect yourself, turn your attention to your innate perfection. Know that in God's sight you are whole and perfect. Realize that in the sight of God you have no shortcomings, since you are His perfect creation.

The idea of perfection can appear only when you cease to entertain ideas of shortcomings. Your perfection cannot become manifest as long as you believe in anything short of perfection.

Let us press on unto perfection.—Heb. 6:1.

Friday, July 13

God, the principle of Truth, is the only law that rules my life.

DO NOT believe that you are governed by laws of adversity. Do not think of yourself as under the government of some law of ill luck and misfortune. In Truth there is but one God, one law of good, one principle of Truth. When you know this, you will realize that no adverse law can rule you or operate in your life. You will know that God alone reigns in your world.

The operation of the law of Spirit frees you from all belief that any so-called law of adversity can rule you. The law of Spirit is the law of good, and you cannot be ruled by any belief in any law of misfortune when you recognize one Spirit, one law of good. You cannot be governed by so-called laws of ill luck when you recognize the one law of good.

You will be ruled by only God's law when you believe only in God. When you cease to believe that some other power can exist beside God, you will cease to believe in any law of evil. When you know that God alone is omnipotent, you will realize that only His law of good can operate in your life. Good alone can have a principle to sustain it.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.—Rom. 8:2.

Saturday, July 14

The Spirit of peace now rules my mind and my body, and harmony is established in my environment.

HINK only peaceful thoughts. Drop from mind every inharmonious belief. Let no negative thought be expressed in your mind, and thereby avoid having inharmony in your body or affairs. Peace and harmony will prevail in your world when naught but peaceful thoughts abide in your mind.

Think of the Spirit of peace as a mighty power for peace against which nothing in all the world can prevail. Realize that this Spirit lives at the heart of your being and is the source of harmony in your body and in your world. Think of this Spirit as a living thing, tangible to your senses.

Whenever you think an inharmonious thought, you tend to destroy your peace of mind. You also cause a state of inharmony in body and affairs. Every thought of inharmony out-pictures itself. You can erase this "picture" only by replacing the thought by one of peace. The Spirit of harmony establishes itself in your affairs when you identify yourself with it and unify yourself with peacefulness.

Live today in peace.

The God of peace . . . make you perfect in every good thing to do his will.—*Heb. 13:20, 21.*

Sunday, July 15

The forgiving power of Christ in me now urges me to forgive all who have appeared to harm me, and I forgive thoroughly.

 **F** YOU have difficulty in forgiving another who appears to have harmed you, give the matter into God's keeping. Cease trying to reason things out in an intellectual way. You cannot forgive another by reviewing over and over the unhappy incidents of some misunderstanding. You must rise out of such a state of consciousness into a realization of the forgiving power of Christ.

Let the Christ within you recognize and salute the Christ in the one whom you would forgive. Let Christ prompt you to forgive; be willing to respond to His urging. Let Christ within you have His way. The power of His forgiveness must be expressed in you if you would forgive another.

Do you see that forgiveness is not a personal matter, that it does not come from personal consciousness? Forgiveness emanates from the Christ within us. When we forgive, we lose sight of ourselves and let the Christ within us have His way.

Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.
—*Psalms 103:1, 3.*

Monday, July 16

*The life of Christ in the midst of me
is now expressed in and through me as
my own abundant life.*

 O YOU need a greater consciousness of life? Does your life, at times, seem to be limited? Do you want to have such a realization of life that you will never feel weak or weary? Then turn to the presence of Christ within you and lay hold of His life. Realize that it is your own life and that you live because Christ lives in you.

The life of Christ in you is that life of Spirit which animates, purifies, and strengthens you. You cannot lack life when your attention is turned to Christ within you. You cannot want health and strength when you are aware of the presence of the Christ life within you.

Realize that the life of Christ in you is the life you draw upon when you want more life. You turn in thought to Christ and His life within you and find yourself unified with life. You direct your attention to Christ and from Him springs the life that animates and strengthens you.

Never think of yourself as separated from life or lacking in it. At the heart of your being is the very fountain of life. You have but to turn to this life to be filled with it.

Thy life shall be clearer than the noonday.—Job 11:17.

Tuesday, July 17

New thoughts fill my mind and renew me in mind and in body. I am eternally renewed.

 **F** YOU would have the sense of being renewed, you must enter the consciousness of newness. You must realize that you have the power to renew yourself in mind and in body. You must entertain new thoughts. You must replace old and useless ideas with ideas of newness.

The Spirit of newness is back of every new idea. When you think a new thought, you partake of this newness. A new vitality is imparted to your mind when you think a new idea. This sense of newness refreshes your mind and relieves it of the monotony of old ideas.

When you are renewed in mind, your body is in turn renewed. You can see that thinking a new thought causes you to impart to your body a sense of newness. The Spirit of newness back of your mind and your body acts through your new ideas and through these shares with you its regenerating power. When you are conscious of the work of Spirit within you, you are purified, regenerated, renewed.

The presence of Spirit within and about you ever renews you.

Be ye transformed by the renewing of your mind.—*Rom. 12:2.*

Wednesday, July 18

Christ, the Spirit of justice, inspires me to be just toward all persons, and they are just toward me.

UR LESSON on justice today turns us to the thought that Christ is the power back of justice and that through Him we enter the consciousness of justice. We can see that we deal with others justly or that they are just toward us because of this consciousness of justice which we have.

There is no excuse for your being unjust to others. You are not their judge. In Truth there is only God and He alone has the office of judge. You are to leave all matters of judgment to Him. You are to let Him discipline those who you think need discipline.

If others deal unjustly with you, you may be certain that you attract such a situation because of your consciousness of injustice. If you think unjust thoughts, you may attract injustice. If you deal unjustly with others, this consciousness will cause others to be unjust to you.

Turn in thought to Christ and His justice. Know that you can rely upon Him to judge rightly and righteously.

Except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no wise enter into the kingdom of heaven.—Matt. 5:20.

Thursday, July 19

The light of Christ within me dispels all darkness and ignorance, and I am illumined and inspired.



HINK of Christ as existing at the center of your being as light. Know that this light scatters all belief in darkness and ignorance. Know that this light is the source of your inspiration and revelation.

Do you know that you carry with you the light of Spirit wherever you go? Have you realized that this light is at the heart of your being and that it shines through all darkness? You can never be in ignorance or in darkness when you realize that you have this light within you and that it illumines every step of your way.

The light of Christ within you is the light that directs you in whatever you do. It reveals to you what you want to know. It inspires you to understand what you need to understand. You can see that you were not created in the heaven of light and placed in ignorance in a world of darkness. You are a child of light and you carry light with you in order to light your world. Nothing can obscure this light but your own benighted thought, so it behooves you to keep your thought in heavenly consciousness and to abide by its light.

Jehovah is my light and my salvation.—Psalms 27:1.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

July 20 to August 19

Illumination

I am willing to do the will of God and thereby fulfill the promise of Jesus "If any man willeth to do his will, he shall know of the teaching."

Healing

In the name of Jesus Christ I proclaim to myself and all mankind, "I will: be thou made clean."

Prosperity

I know that it is the Father's good pleasure to supply me with every needful thing, and I rejoice in my willingness to accept His bounty.

Friday, July 20

The healing presence and power of Christ within me inspires me to realize that disease has no claim on me, and I am whole and well.

 E ARE healed through the realization that disease has neither presence nor power and that Christ is the only presence and power. We come to know that we have given power to disease through our misconceptions. We then realize that in Truth Christ in us is the Spirit of health and wholeness, inspiring us to be whole and well.

Healing is not a mysterious process. Man gives up the belief that has held him in bondage to disease and believes in the presence and power of Christ, the source of his health. He gives up the thought that he is identified with disease; he claims his identity with Christ. He realizes that in Truth there is no place for disease, since Christ is all in all. This consciousness lifts him to the realization of his own perfect health.

If you would be healthy, keep disease thoughts out of your mind. Cease to think of disease as something related to you. Know that in Truth you are identified only with Christ, His presence, His wholeness.

I will take sickness away from the midst of thee.—*Exod. 23:25.*

Saturday, July 21

I do not believe in lack. I know that through Christ I have sufficient substance for every need.

HOSE who believe in lack live in want. They live in the consciousness of insufficiency. They believe that God's substance is limited or that, in some wise, it is withheld from them save in limited measure. In Truth the riches of God are unlimited and are shared with man as a father shares his wealth with his children.

Drop from your mind every belief that would limit your finances. Do not entertain any thought that would cause you to believe in lack. In God's world there is no lack. You enter this world when you enter the consciousness of prosperity.

Always think of yourself as having sufficient substance for every demand. Know that you abide in the consciousness in which no lack can appear. Realize that you live in the presence of Christ, in which is the fullness of all things. Whatever you need exists in this presence. You identify yourself with that which you need when you identify yourself with Christ.

The riches of Christ enriches you first in mind. Rich ideas cause you to be lifted up to the consciousness of plenty.

God, who giveth us richly all things to enjoy.
—*I Tim. 6:17.*

Sunday, July 22

*I praise the good in others, and they
praise the good in me. God be praised!*

 **F** YOU would be free from the habit of condemning others or free from having others condemn you, learn to praise. Instead of looking for something to condemn, look for something to praise. Instead of seeking evil, discover the good. Praise God in others and behold God appearing in them as His perfect child.

To praise the good in others is to help to free them from personal criticism and condemnation. By praising them we emphasize the thought of praise, and this neutralizes the thought of condemnation. Through our consciousness of praise we lift them out of condemnation into the consciousness of praise.

When you feel criticized and condemned, find something to praise. Praise something in yourself or in others. This will help to give you a realization of praise. You cannot be condemned when you abide in this realization. You cannot be criticized when you are in the consciousness of praise.

Know that the Spirit of Christ is ever praising you. This Spirit is ever raising you to the realization of the good abiding within you.

When he giveth quietness, who then can condemn?—Job 34:29.

Monday, July 23

The power, dominion, and authority of Christ within is now exercised over everything in my world and Christ rules supreme.

HAT has power in your life, good or evil? Where is the power of God, within you or outside you? Do you believe that things of the world about you have power over you? A study of Truth will reveal to you what has power and where this power is located. You will come to understand that the only power in Truth is the power of God and that this is located at the very heart of your being.

Many persons believe in the power of evil or in some power other than the omnipotence of God. They believe that something exists besides the allness of God. They think that God shares His omnipresence and omnipotence with some rival presence and power. They fail to realize that the power, dominion, and authority of God rules supreme in their lives when their thought is turned to Truth.

Does disease appear to have dominion over you? Then turn to the truth that Christ, health, alone rules over you. Then know that only the power and dominion of Christ within you has authority over your life.

The God of Israel, he giveth strength and power unto his people.—Psalms 68:35.

Tuesday, July 24

The stillness of Christ within me pervades my being, and my soul is quieted.

WHEN things of the world about you seem to be disturbed or confusing, turn to the quietness of Christ within you.

Turn to that presence which dispels all feeling of confusion. Turn to the harmonizing presence of Christ.

The stillness of Christ within you will impart stillness to you. Your soul will become poised in His presence. Nothing of the world about you will be able to irritate or confuse you. The noise of the world will no longer disturb you when your soul is filled with the peace of Christ.

Christ within you is ever poised, peaceful, harmonious, quiet, and still. Nothing in all the world can cause Christ in you to be otherwise than harmonized. No mortal or adverse belief can prevail against Christ in the midst of you.

Christ in us is our defense against the world about us. We live in a world of noise and confusion but need not be a part of it if we have ourselves poised in Christ. We can have confusion all about us but not respond to it, because we know the truth that Christ within us is the harmonizing and peace-bestowing power of our souls.

The effect of righteousness, [shall be] quietness and confidence for ever.—Isa. 32:17.

Wednesday, July 25

The Spirit of wisdom now directs me to take the path that will lead me to joy, peace, and plenty.

 HE WAY of Spirit is the way of light, harmony, happiness, and success. When you go the way of Spirit, you are led into the land of blessings. You are directed by the Spirit of wisdom into that which is for your highest good.

The path that Spirit directs you to take is always the right path. You cannot go the way of deprivation and sorrow when you are directed by Spirit. This is the way that leads you into the possession of those things which Spirit gives to you for your higher development.

Are you undecided today what you should do? Do you seem to have two paths before you and do you hesitate about taking a step forward? In Truth there is only the way of Spirit. When you know this, you will not be confused by many paths. You will not be undecided or hesitant, because you will know with deep conviction that you have made the right choice of path.

Let the Spirit of wisdom reveal to you the way you should take and go your way rejoicing. Take the way that is opened up before you and be assured that you are guided by Spirit as you go forward.

Make straight paths for your feet.—*Heb. 12:13.*

Thursday, July 26

I now abide in heaven, the consciousness of perfect harmony, and realize that heaven exists at the heart of my being.

WHERE is heaven? What is it? When do you find it or live in it? Is heaven something mysterious to you, something existing in the realm of fantasy? Is heaven separated from you by distance and time? No doubt these questions have been in your mind many times. Possibly through your study of Truth you have caused some old familiar Bible passages to take on a new meaning and you have discovered what heaven is in Truth.

We find heaven through the consciousness of Truth and life and not through death. We find that heaven is a state of perfect harmony abiding in our inner or deeper consciousness. We know that it does not exist in the distance or in the future, since through consciousness we are unlimited by time or space.

Abide this day in the realization that heaven is within you and you are within it. You abide in the presence of Christ, the presence of heaven. Nothing in all the world can keep you out of heaven, can prevent your realizing your oneness with heaven. Enter that high consciousness in which you live in heaven.

The kingdom of heaven is at hand.—Matt. 4:17.

Friday, July 27

I am unlimited by any belief in time or the future. I know that God's blessings are mine now.

MANY PERSONS limit the good that should come to them because of their belief that they are limited by some claim of time. They think that their good can come to them only in the future. They believe that tomorrow has in store for them blessings that in some way are denied them today.

In Truth we discover that the only time is the time of Spirit, that of the eternal now. Sometimes this is referred to as the timeless time of Spirit. We realize that both the past and the future are but values to be thought of in their relation to the present moment.

Realize that good comes to you today. All the good that you have thought of as belonging to the future will become manifest for you today if in higher consciousness you overcome the belief in time. In this consciousness you must realize that you are not limited by any belief in delay. You must know that your good comes to you right now, at the present moment.

Abide in the realization that in the sight of God, there is no future, no delay. In God's sight there is only the eternal now, the time of Spirit. There is no other time in spiritual consciousness.

The time is fulfilled.—Mark 1:14.

Saturday, July 28

I relax from all stress and strain in mind and body because I know that all is well.

 **F** YOU would relax from mental and physical strain, direct your thought away from such thoughts as cause tension and realize that all is well with you and your affairs. Exchange the tension-producing thought for the assurance that all things are working for your highest good. Give up the belief that causes tension for the truth that the Spirit of Christ is now adjusting and regulating all your affairs.

You cannot relax from mental tension as long as you entertain tensing thoughts. You cannot get any benefit from a good thought as long as you hold in mind a thought that neutralizes its action. You cannot relax as long as you think some thought that makes you tense.

Know that the Spirit of Christ is taking care of you. Realize that you do not carry the world on your shoulders as Atlas did. You have Christ at hand ready to bear your burdens.

Today relax from mental and physical strain and tension by clearing your mind of thoughts that make you tense and by establishing in mind the truth that the Spirit of Christ is now taking care of you and all is well.

The government shall be upon his shoulder.
—Isa. 9:6.

Sunday, July 29

I abide in the prayerful state of consciousness in which I realize that I am at one with Christ in me and all His blessings.

PRAYER is a state of consciousness in which the individual realizes his oneness with Christ within him and His blessings. He realizes that he cannot be separated from Christ or from that which Christ bestows upon him. He knows that he can enter that high consciousness at any time wherein he can feel his oneness with the presence of Christ, a realization that ends all belief that he is at one with limitation and adversity.

By prayer we break all connection with adversity and identify ourselves with the good that we want to bring into manifestation. We cease to believe that we are identified with ignorance, sin, evil, disease, fear, and failure. We realize that we are at one with the light of Spirit, peace, joy, love, health, and plenty. We can see that by prayer we come into the realization of the powerlessness of evil and realize the all-powerfulness of God. By prayer we assure ourselves of our relation to Christ within us. No adverse belief can keep us from enjoying the blessings of Christ.

What great nation is there, that hath a god so nigh unto them, as Jehovah our God is whensoever we call upon him?—Deut. 4:7.

Monday, July 30

I turn my every thought to the presence of Christ in me.

 CHRIST is in you! Light, peace, joy, love, courage, life, and substance are in your very midst. Within you is the presence of all that you can desire. At the heart of your being is the fulfillment of your desire, the answer to your prayer.

Christ in you. He who you have thought was far from you, in the distance and in the future, is right within you. He is the presence of that which steadies you through all life's experiences and causes you to be victorious over all situations. He is the power before which the so-called powers of the world about you become powerless.

Christ in you is the spark of divinity implanted within you at your creation. It is the same divine spark that illumined and animated the man Jesus. You are not of the earth, earthly; you are of heaven. Nothing of the limited or adverse world can limit you. Nothing can limit the power of Christ in your midst.

Christ in you supplies that hope which causes you to look for better things when your vision is downcast. Christ gives you faith, faith in Himself, faith in the prevalence and power of good.

Christ in you, the hope of glory.—*Col. 1:27.*

Tuesday, July 31

Christ in me is ever exalted, and I too am lifted up.

 HINK of having within you that which is never debased, never cast down, never defeated. Think of Christ within you as ever exalting you to high heaven. Call to mind His presence and His power to lift you up. Remember this when you would feel a need of something to lift you up.

The exalting power of Christ ever lifts you to the presence of God. With your thought upon Christ in the midst of you you are assured that nothing of the world about you can defeat you. Nothing of the world can prevail against Christ.

Christ exalts you to know the truth about yourself. He exalts you to behold yourself as you exist in Him and as He exists in you. In Truth nothing is real or true but the reality and truth of Christ. Things of the world may change but Christ never changes. Things of the world may appear to frighten you but Christ exalts you above such limited beliefs.

Christ exalts you above all thought of sin, evil, disease, and failure. He lifts you to His own consciousness and you behold yourself as you exist in Truth, in His sight, as you are seen in high heaven, glorious, splendid.

Now will I arise, saith Jehovah; now will I lift up myself; now will I be exalted.—Isa. 33:10.

Results from the Bank Drill

I have had steady work since I resumed the use of the Bank drill a few weeks ago and things come to us just as we need them. We have not wanted for anything in all the time we have been practicing it.—P. St. J.

Let this message from one of our Prosperity Bank friends encourage you to send for a Bank, and use the drill to help you make a demonstration of prosperity. Your efforts will be supplemented by the prayers of Silent Unity. And while the Bank drill is helping you, *Unity Daily Word* will be benefiting the friends for whose subscriptions you save in your bank.

Unity School of Christianity,
917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank with full instructions, and enter a twelve-month subscription for *Unity Daily Word* for each of the friends named below. I will use the Bank seven weeks and save \$3 to pay for my order. I desire the prayers of Silent Unity for my prosperity.

Friend's name

Street and number

City State

Friend's name

Street and number

City State

Friend's name

Street and number

City State

My name

Street and number

City State

Truth Ideas of an M. D.

A New Book to Be Released

July 1

A Few of the Subjects Discussed:

Why Grow Old?

Speaking of Colds

This Miracle of Healing

The Power of Suggestion

Demonstrating Good

Bridling the Emotions

Energy and Life

Thoughts on Self-Control

Among the chapter titles of this book you will find many of your old favorites, for these chapters have all been published in Unity periodicals. Now that you can obtain Dr. Southard's writings in one volume you will want to order a copy and renew your acquaintance with them. The new book will be $5\frac{1}{4}$ by $7\frac{1}{2}$ inches in size to conform with our standard volumes. It will be cloth-bound; price, \$1; flexible, \$2.

(Advance orders will be appreciated.)

★
COMING SOON
IN *Unity* MAGAZINE

Prayer and demonstration go hand in hand, in fact they cannot be separated. For this reason our readers will welcome two outstanding series of articles on these kindred subjects soon to be published in *Unity* magazine.

"Great Demonstrators of the Bible," by Alice M. Hopkins, is the title of the first series of six articles to begin in August, and to be published bimonthly. The second, "The Transforming Power of Prayer" by Frances W. Foulks, six articles in number, will appear, one each month, beginning in September.

These two groups of articles will impress you with the unlimited power of prayer. So also will the department of Prayers Answered, a regular feature of *Unity*, consisting of testimonials lovingly contributed by thankful persons who have been healed of some specific inharmony through prayer.

Many other helpful features appear regularly in *Unity* magazine, and each issue goes out with a special blessing from headquarters. The price, \$1 a year, is nominal compared with the value of its teaching. If you are not now receiving this magazine regularly, why not subscribe at once and make sure of receiving the first article of the new series to begin in August?

Remember that
Unity magazine
will come to
you 12 months
for only

\$1

Man Ever Blessed

*There is no man but
heaven covers him. There is
no man but earth supports
him.*

—From the teachings of Taoism.
